



## NBPR introduces

# Private Soccer Lessons



## Attention Coaches Youth- Teens -Adults



Customized personal instruction for players ages 8 and over, wanting to learn or refine soccer skills or enter a more competitive level of play. Based on instructor and facility availability, pre-arrange times to fit your schedule.

Kelli Reasoner is a proven coach with continuous experience since 1995 ranging from the recreational ranks to the collegiate level. She holds a coaching license from the United States Soccer Federation (USSF-soccer governing body for the United States). She has also played college soccer, semi-professionally in several leagues in the USA and professionally overseas. In addition to her coaching and playing experience she has a degree in Exercise Science which she uses in conjunction with her soccer knowledge to create training programs that incorporate soccer skills with strength, speed, and agility. She has previously given private lessons for high school athletes looking to make varsity or simply looking to get ready for their season. She also has conducted private lessons for several players who have gone on to play in college. Her goal for each session is to “provide feedback that will allow the individual to holistically develop as a player to meet and exceed their desired goals.”

### Progressive Session Criteria:

- Foot skills/ball work
- Agility and speed
- Plyometrics
- Skills training (dribbling, passing, shooting, and control)
- Initial Assessments/Evaluations
- Progress reports
- Home workout/Home work

#.....\$114

Three 30-minute lessons = 90 minutes. Lesson times may not be altered.

#.....\$227

*Six 30-minute lessons = 180 minutes. Lessons times may be combined to three 60-minute lessons, no more or less as each lesson plan is designed to build off the other. Single 30 minute lessons ala carte or added to your package for (\$65) 60 minute for (\$85) each.*

**For more information, schedules  
and registration contact:**

**League Coordinator,**  
**Tanya.Baker@newbrightonmn.gov**  
651-638-2136 or

**League Director,**  
**Patrice.Atkinson@newbrightonmn.gov**  
651-638-2143

**Have fun out there!**



## Scheduled Private Information:

### ***Reminders***

- Name, age, highest level played
- Come with cleats and bring a water bottle. No shin guard are needed
- Be at the field 15 minutes before your session starts so you can get a good warm up
- Instructor will be wearing New Brighton Parks and Rec shirt
- Additional info Instructor would like to know:
  - What areas would the player like to work on or improve the most? (dribbling, ball control, passing, shooting, defense, footskills, agility, strength, etc.)
  - What is it the player would like to get out of doing private lessons?
  - What goal does the player have in the short term (months) and long term (year) for soccer? (Make a level higher like C3 to C2 or JV to Varsity or play in college etc.)